

Burwood Advancement Screening Education Seminar (BASE)

Patient information - Pain Management Centre

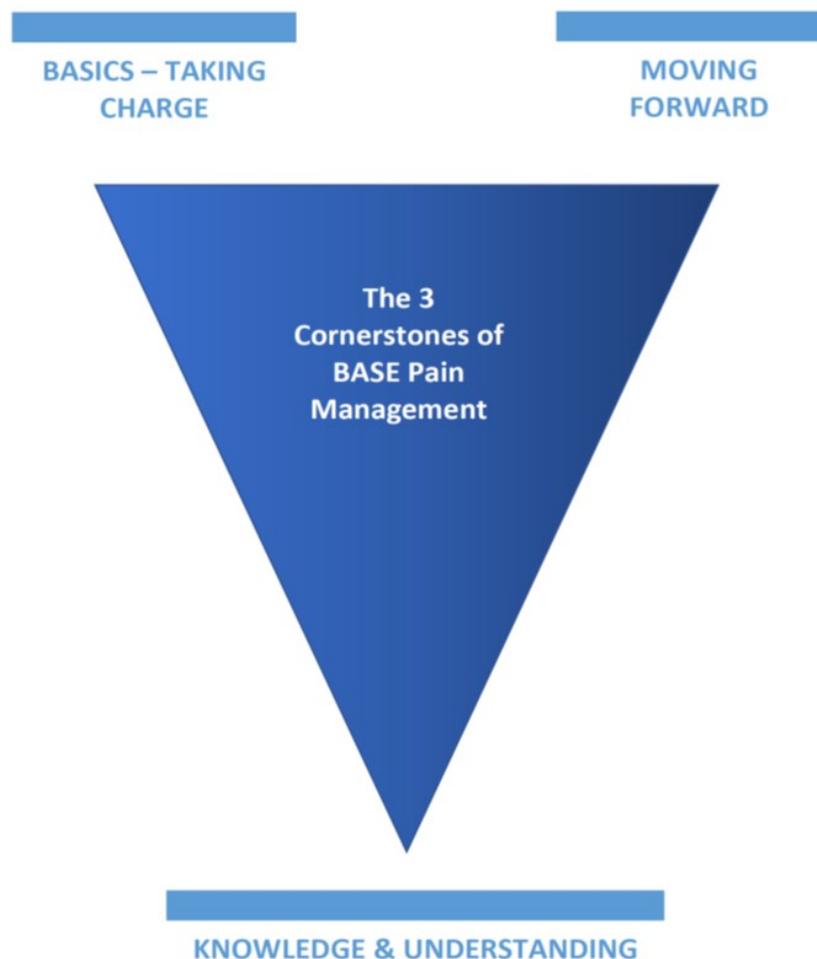
The Burwood Hospital Pain Management Centre (PMC) offers an education seminar named BASE (Burwood Advancement Screening Education). Most people who are referred to the PMC will be invited to attend BASE, **before** being offered any other assessment or treatment.

What is BASE?

BASE is a full day patient seminar, which is facilitated by team who specialise in pain management.

Our team are hopeful that in attending and completing BASE individuals will:

- Gain validation about their experience of pain, and the existence of chronic pain
- Learn about the difference between acute and chronic pain
- Learn more about the underlying mechanisms of chronic pain
- Gain ideas and skills about what helps to self-manage chronic pain
- Create a pain management plan working towards better function and future goals.
- Develop hope for the future, as well as feeling empowered to self-manage



What happens after BASE?

At the end of BASE some people may require further specialist assessment and treatment, while others will be happy to continue living independently with pain.

We will use the medical referral, and a questionnaire completed by the patient to triage those who are most in need of our interdisciplinary assessment and treatments, and those who do not require such intensive input.

Some individuals will be ready to commence self-management treatment for pain, while others will find BASE affirming of what they already use to live with pain.

Unfortunately others may not embrace our model of care, and we are unlikely to offer these people further PMC assessment or treatment.

BASE has been found to be a useful way of determining those who are open to our service and model of care, and those who are still focused on finding pain solutions rather than self-management.